



Friendship House
American Indian Healing Center
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Friendship House American Indian Healing Center

Residential Drug and Alcohol Treatment Program Informational Packet

Programs and Descriptions

PHASE I

RESIDENTIAL TREATMENT FOR MEN AND WOMEN (180 days)

The Friendship House residential treatment program is a 80-bed facility for adult men and women. Individual and group counseling, alcohol and drug education, 12-step programs, and American Indian traditions are integrated into treatment. The individual in recovery confronts mental, emotional, and spiritual issues, and learns about the environmental factors that contribute to addictions. Residents develop new skills to replace self-destructive behaviors with a substance-free lifestyle.

RESIDENTIAL TREATMENT FOR WOMEN WITH THEIR CHILDREN (180 days)

Friendship House American Indian Lodge is a residential program for women with their children birth to 5 years old. The Lodge provides a healthy and secure environment for the children of residents. Primary care of children is the responsibility of their mothers, which serves to establish family bonding and positive parental connection for both mother and child. On-site child supervision is provided during the women's treatment hours. We understand that alcoholism and drug abuse creates dysfunction in families and our primary goal is to provide women with their children the counseling, education and support necessary for healing and recovery.

PROGRAM SERVICES

- Individual & Group Counseling
- Family Counseling
- Case Management
- Substance Abuse Education
- Relapse Prevention
- Adult Children of Alcoholics
- Positive Parenting Classes
- Sexuality & Relationships in Recovery
- AIDS/HIV/STD Prevention
- Nutrition & Wellness Education
- Life Skills Training
- Red Road Approach
- American Indian Values
- Talking Circles
- Sweat Lodge Ceremonies
- Clean & Sober Community Events

PHASE II

AFTERCARE (180 days)

The Aftercare program is designed for clients who have successfully completed our residential treatment component. Phase II provides outpatient individual and group counseling, case management, and a clean and sober support network. Referral for housing, secondary programs, and job readiness training are provided for re-entry into the community.

OTHER PROGRAMS OFFERED

CRIMINAL JUSTICE PROGRAM

The Criminal Justice Program focuses on outreach, case management, and risk reduction services within the criminal justice system. Special care is given to clients transitioning from the criminal justice system into treatment and back into the community. Referrals are available to participants in Friendship House programs for HIV testing, nurse case management, and medical services at the Native American Health Center.

JOB READINESS SUPPORT PROGRAM

The Friendship House Job Readiness Support Program (JRSP) was created to assist the Friendship House Transitional, Aftercare, and Alumni clients in their efforts to re-enter the community with job-related skills. Services include:

- Job Training
- Educational Placement
- Resume Development
- Computer Training

PREVENTION SERVICES FOR WOMEN

The Friendship House Women's Health Demonstration Project (WHDP) integrates services for women using a culturally relevant, holistic model linking prevention and recovery. The WHDP is designed to help women develop a positive cultural identity and to strengthen behaviors that support a healthy lifestyle. Services include:

- Domestic Violence Prevention
- Relapse Prevention
- Parenting Skills Training
- Wellness Education Seminars

PREVENTION SERVICES FOR YOUTH

The Friendship House Youth Program develops and implements culturally relevant strategies that promote healthy living for American Indian youth. The program objective is to reduce the demand for alcohol, tobacco, and illegal drugs by offering youth a variety of alternative constructive activities. These activities promote leadership, communication, self-empowerment skills as well as personal social accountability:

- Alcohol and Drug Education
- Wellness Education
- Violence Prevention
- Life Skills Training
- Tutoring
- Dance and Drumming Classes
- Recreational Outings

SACRAMENTO INTAKE/OUTREACH

Our Intake/Outreach office in Sacramento provides outreach and assists clients in transitioning to our residential treatment programs. Pre-treatment case management, in-custody consultation, and referrals are provided to American Indians with addiction problems.

COMMUNITY ORGANIZING

The Friendship House Community Organizing Program sponsors events and visioning meetings to address community needs and to promote healing among American Indians in the Bay Area. Annual community events include:

- Families In Recovery
- Thanksgiving Celebration
- Christmas Celebration

Recovery and Wellness

Walking the Red Road to Recovery

Recovery from addiction means making major life changes. In developing connections with our proud American Indian heritage, residents strengthen their personal recovery process. Individual sessions help the resident begin to walk the Red Road to Recovery, a path that is uniquely American Indian, helping the resident reclaim balance, focus, and peace.

American Indian Values

At Friendship House Association of American Indians, Inc. the values of the American Indian people provide the foundation of our treatment philosophy.

- Love, tolerance and acceptance respect
 - ~ For ourselves
 - ~ For each other
 - ~ For our families
 - ~ For our youth
 - ~ For our elders
 - ~ For harmony in our lives
- Focus on strengths rather than weaknesses
- Encouragement of spiritual values
- Value of life experiences which are rooted in our traditions and culture
- Honor for traditional healing practices

While substance abuse is a treatable disease, many American Indians do not respond to treatment approaches that do not incorporate cultural values. At Friendship House, we integrate American Indian traditional strategies with proven treatment methods in order to address the many issues that trap American Indian men and women in addictive lifestyles.